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Word of the Month



**Ebullient: adjective
(ih-buhl-yuhnt)**

**Liveliness, enthusiasm,
overflowing with
excitement.**

**He was in quite
an ebullient mood.**

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CLASSIC CARS 1972 CHEVROLET C10



Article and photo by Fred Nelson

Tired of looking at all the rusty offerings he found for sale locally, Don imported this fully-restored and fully-optioned Cheyenne pickup from Kelowna.

On the drive home, he noticed it didn't seem to have the power that they had a couple years before. No problem.

During the winter he installed a pumped-up 350-V8 and overdrive automatic. Now it looks good and really sizzles.

If you have a classic car that you would like to see featured in the community newsletter, please reach out to Fred Nelson at 403-242-3856.

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Information: 403-242-2110

Glendale on the Internet:

www.myglendale.ca

facebook.com/GlendaleGlendaleMeadowsCommunityAssociation



Board of Directors and Community Contacts

GLENDALE GLENDALE MEADOWS BOARD OF DIRECTORS

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City of Calgary Neighbourhood Partnership Coordinator	Keith Magill	403-476-7182	keith.magill@calgary.ca
Hall Rentals	James Durant	403-242-2110	rentals@myglendale.ca
Community Garden	Michael Sander		garden@myglendale.ca

Board Meetings

Our next meeting will be held on Wednesday, May 14, 2025 at 7:00 pm. All residents are welcome to attend. Join us in person at the community hall, or email president@myglendale.ca for the virtual link.

Annual Community Memberships \$35, Tennis Membership \$70, plus \$20 key deposit

To submit content for publication in the Thumper, please email thethumper@myglendale.ca

PRESIDENT'S MESSAGE

Hola neighbours of Glendale and Glendale Meadows!

We need you! Your GGMCA board has a full slate of events on the horizon and several of them will require the help of many of our community members.

Yes, I'm talking about the "V" word. Volunteer! If you've done it before, you know exactly how much your time and effort is appreciated. If you've never done it before, I promise you it is quite fun and rewarding. It can also be contagious and a way of "paying it forward".

The concept of paying it forward involves performing a good deed without expecting anything in return, with the hope that the recipient(s) will do the same for others. This creates a chain of kindness that can have a profound impact on individuals and communities. Acts of kindness can reduce stress, anxiety, and depression. Also, witnessing or experiencing acts of kindness can inspire others to act similarly. This can lead to a culture of generosity and compassion within a community. Lastly, kind acts can lead to new friendships and stronger relationships. People are more likely to help each other out, creating a supportive network.

I know we have this in Glendale and I'd love to see it burst into action over our events season. The events we will need support with in the coming months are:

- 1) Community Cleanup (May 4) is always well attended and super fun seeing the garbage trucks squish things;
- 2) The Stampede Breakfast (July 12) is our association's largest event where we feed 500+ people; and
- 3) The Casino Fundraiser (July 20 and 21) is integral to funding the GGMCA's Hall Operations and requires about 40 volunteers.

Please visit our website at myglendale.ca to sign up for a volunteer shift or email me if you need some convincing at president@myglendale.ca.

Happy Easter!

Myles Trawick



Pets of Glendale



My name is Zsa Zsa, and I have been growing up in Glendale for the last three years. I take my neighbourhood herding and guarding jobs seriously, and I love all of the new smells from the new pets and wild cousins that come through our streets. I even met a turtle once! When I am not sniffing for pee-mail or enjoying fresh tracks in the new snow, I love checking out intros in this Pets of Glendale column...tell me all about yourself at thethumper@myglendale.ca!

To have your pet featured in an upcoming edition of the Thumper, please send a photo and short write-up to thethumper@myglendale.ca. (Our Cat-alogue is steadily growing, and birds, fish, reptiles are welcome too!)



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Please contact rentals@myglendale.ca or visit myglendale.ca/hall-rentals (includes a 3D walkthrough).

Full Space (Hall, Kitchen, Boardroom)

Monday to Thursday: \$95 per hour (minimum of 4 hours).

Friday Evening: 6:00 pm to 2:00 am, \$750.

Saturday:

Full Day, 10:00 am to 2:00 am, \$1,050.

Afternoon, 10:00 am to 4:00 pm, \$600.

Evening, 6:00 pm to 2:00 am, \$750.

Sunday: Full Day, 10:00 am to 10:00 pm, \$900.

Wedding Weekend: Friday evening through Sunday, \$2,500.

Boardroom

Monday to Friday: 8:00 am to 5:00 pm, \$50 per hour (minimum of 4 hours).

Security Deposit

\$500, returned seven days post-event.

Rates do not include cleaning and are subject to GST.



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Residents of Glendale

by Lynette and Leslie Paarup

Our family has lived on Glenmere Road, Glendale for 59 years and have seen many changes over the years. We will try to inform *Thumper* readers about some of these changes and attempt to bring back memories.

The landscape has become one of the biggest changes with regards to the huge trees we are fortunate to enjoy. The Elm trees on 45 Street are beautiful all year long. The city planted Birch trees on nearly all properties in the 50s, which have gradually disappeared as their lifespan came to an end.

There were no trees around the tennis courts, which had lights for night tennis. Perhaps the surrounding homeowners found that not so great; the lights disappeared. The courts are a great asset to the community. There was a rink between the tennis courts and the hall. The Glendale teams played hockey outside. No indoor ice for those tough kids nor for parents who stood on snowbanks to cheer them on.

There was a Ladies Auxiliary who worked diligently to raise money for community projects such as hiring a professional figure skater to teach on "the big rink". There were Saturday movies in the hall including the selling of popcorn etc. Halloween spook houses were a big event and drew kids from outside of Glendale.

Turtle Hill was named such because there was a large plastic turtle in the park which the kids could climb on. The community was very active then, as it is today.

Lastly, we will mention the Glendale May Day Celebration. That started off with a parade which included decorated bicycles, some clowns, Buckshot and Benny and, most importantly, Parade Marshall Peter Lougheed, who was our MLA. The day ended with huge fireworks and people outside the community came to watch that event.

Glendale citizens are so fortunate to have this newly renovated hall sitting in the beautiful, very large park with tennis courts, skating rinks, and Glendale School all within walking distance. Change is inevitable and we see it happening every day. Our community leaders and Glendale citizens put up a good fight, but City Hall won. We hope you enjoy this very small part of Glendale history; there is so much more.



Paarup Family view from 2216 45 Street tennis courts construction 1966-67.



Paarup Family view from 2216 45 Street before tennis courts and young trees 1965-66.



Baseball between hall and tennis courts 1969-70.



Paarup Family Glenmere Road home almost finished 1957 but they moved in October 1966.



Rink 1966-67.



Board Updates

At the March Board meeting, your GGMCA Board continued to seek out grant opportunities and review options for some exciting art projects that could brighten the outside of our building and the hall grounds. Under consideration is a mural project for one of the building walls, adding colour to the pillars surrounding the hall, and a pavement painting project. Stay tuned!

We also continue to update the security of the hall including changing out some of the door lock systems. We've unfortunately had some issues with damage at the hall, such as from users wearing skates when walking into the washrooms, so we need to make sure that access to the hall is appropriate and keeps our new hall looking great for all users. We also need to make sure that renters of the hall are assured exclusive use during their rental times. Thank you for your cooperation in this!

In addition to the Naturally, Glendale project and the above-mentioned potential art projects, your Board is always working on ways of improving access to Glendale's amenities. One project currently under assessment is improving signage at the top of our driveway, since the Hall can be a little confusing to access for new guests.

With spring around the corner, our time with our rink for the 2024-25 season has come to an end. Three cheers for our rink crew volunteers! Our community, and Calgarians beyond, truly thank you for all of the late and cold nights you put in to make our ice so fun to use. Stay tuned for an appreciate event.

Updates from the City of Calgary

March was Community Awareness Month in Calgary. Community Associations are a unique feature of Calgary communities. There are over 152 registered community associations and numerous social recreation organizations that represent more than 200 communities in Calgary. Community volunteers have a significant impact, by strengthening our neighbourhoods and improving the lives of Calgarians. Buying a Community Association Membership is a great way to meet neighbours, build connections, and give

back to your community while accessing free or low-cost recreational, social, and educational opportunities. Whether you join your Community Association board, become an event volunteer, or simply shovel your neighbour's sidewalk, bring your passion for community and volunteer!

The Engage Portal is a way to learn about and participate in City projects and initiatives that are open for the public input. You will find in-person and virtual public engagement events, what we heard reports, reports on progress and final decisions on projects that had public involvement. <https://engage.calgary.ca/>.

With Calgary projected to welcome approximately 110,000 new residents between 2023 and 2028, the City of Calgary is taking proactive steps to accommodate this growth by creating streamlined processes aimed to increase diverse housing supply and accelerate housing development. The Infill Fast Track Program (IFTP) 1.0 is a pilot program designed to speed up Development Permits (DP) and Building Permits (BP) and Development Site Servicing (DSSP) for three missing middle housing types to accelerate the development of infills by streamlining the review and approval stages. Public interest aspects of a discretionary development permit application are preserved (notice posting, advertising requirements, and ability to appeal). At the completion of this pilot, the City aim to have pre-approved infill designs by June 2025 for semi-detached homes with secondary suites (including over the garage), four-unit town homes with secondary suites, and four-unit corner row houses with secondary suites. A callout for design submissions is now open. Visit calgary.ca/InfillFastTrack for more information.

Upcoming Events

Most events are free, and we ask that all participants have an active community association membership. Watch myglendale.ca/events for the following fun activities and to register.

April 12, Noon to 5:00 pm - Alberta Cancer Association Kids Art Show. Public welcome; free event.

May 3, 10:00 to 11:00 am - Jane's Walk is a global event held annually on the first weekend in May. You are invited to take part Saturday, May 3 at our Glendale Hall

grounds. For years, talks on Glendale's history, walking around the parks here has been a great way to bring people together and show our friendly and pleasant neighbourhood to non-residents. This year, Naturally, Glendale development plans will be the focus. Check out <https://myglendale.ca/event/janes-walk-2025> for information and registration.

May 4, 9:00 am to 2:00 pm – Community Clean Up Day is back at the Hall! In partnership with the City of Calgary, this is your opportunity to skip a trip to the landfill and bring your unwanted items and household waste to a convenient place close to home. Check out <https://myglendale.ca/community-cleanup-2025> for more information and sign up for a volunteer shift at <https://volunteersignup.org/TCKBL>.

May 31, 9:00 am to 3:00 pm – Glendale's annual Parade of Garage Sales is back! Register by May 28 for free at www.glendalegaragesale.ca.

June 21 – Neighbour Day! No events at the Hall this year but start planning with your neighbours. Information available at <https://www.calgary.ca/events/neighbour-day.html>, including how to apply to close your street for a block party. Applications are open and must be submitted at least 30 days prior to your event.

July 12 – Hold this date for Glendale's annual Stampedede breakfast!

July 20 to 21 – Glendale's casino fundraiser date has been assigned! Volunteers needed! Sign up will be available shortly at <https://myglendale.ca/event/ggmca-2025-casino/>.



**GLENDALE/GLENDALE MEADOWS
COMMUNITY ASSOCIATION**

COMMUNITY CLEAN UP



We have partnered with the City of Calgary to residents the opportunity to get rid of any unwanted items or household waste. This event saves Calgarians a trip to the landfill and provides free packing trucks and services.

The following **may not** be brought to the clean up site:

Tires	Home Appliances	Paint
Chemicals	Propane Tanks	Glass
Liquids	Car Batteries	Microwaves



MAY 4, 2025

9:00AM – 2:00PM

GLENDALE HALL – 4500 25 AVE SW

Naturally, Glendale, Big Next Step!

Article by Monika Smith, Master Gardener

As you've read, with our Stella Project Conceptual Drawing Grant accepted, we are ready to roll! We selected a company from a short list of three that have experience and expertise to create a great public space. These companies, through their submissions, offered to fulfil the challenge to make our community hall grounds beautiful, functional, and safe, with the purpose of wellness, joy, and fun for generations of residents and ensuring that we have a healthy, attractive space for pollinators, birds, and critters. The GGMCA plans to provide educational experiences in gardening, learning about native plants and more.

The Naturally, Glendale project utilized a selection committee of community volunteers: John Mar, Mike Sanders, and Monika Smith who reviewed the submissions and felt that The TULA Project, a landscape architecture design firm based in Calgary, provided the best presentation. Over the past five years, The TULA Project has established a strong portfolio of completed public realm and community park projects spanning Alberta and British Columbia. Their expertise in community park design and park master planning is reflected in Calgary projects such as the Hawkwood Outdoor Recreational Facility, Meadowlark Park Community Park Master Plan, and the Coventry Hills Parkour Park Plan.

The TULA Project's core value recognizes that design is a shared approach where the final design outcome reflects the cumulative effort and collaboration by all those involved in the design process. March was a very busy month in getting the project moving forward. First, the members of The TULA Project met with board members. As part of their proposal, a survey for all residents is being set up and should be distributed by the time you are reading this edition of the *Thumper*!

Next, we plan to have an in-person consultation process to ensure that we heard from all Glendale residents about our grounds. Staff of the City of Calgary and City of Calgary Parks have been included in this process, as they have a final say in what we can and can't do. The City

also has strong recommendations on their preferences, backed by knowledge of naturalization, planting trees, and best practices for attracting pollinators, etc. The City has much higher standards for their lands, compared to what we can do in our back yard. For example, a proposed pathway must have due concern about safety and mobility issues.

Results will be published in upcoming issues of the *Thumper* and at myglendale.ca.

If you have ideas for Naturally, Glendale, contact Monika at naturallyglendale@myglendale.ca.



Glendale

2025 PARADE OF GARAGE SALES

It's that time of year – Spring Cleaning Time!

Clean out your closets, drawers, garages, basements and sheds and turn those unwanted items into \$\$ on **SATURDAY, MAY 31 - 9 AM to 3 PM**. If you do not have enough stuff, join up with a neighbour or make it a street event!

To register and have your garage or yard sale advertised **free of charge**, please go to our website to register:

www.glendalegaragesale.ca

Lawn signs, directional maps, and a list of all participating homes will be available for pick-up at the Community Centre the evening before the sale.

On the morning of the sale, directional signs will be placed on the main streets directing buyers into the community.

Registration deadline is May 28, 2025

Dorothea Sautter & Viki Fairbairn (sponsors)
Royal LePage Benchmark



Note From the Editor



March's *Thumper* was so full of information that we ran out of room for a few pieces of information about becoming a blood donator, so we'll start where we left off!

Calgary has a brand-new donation centre. You can check it out at blood.ca/en/Calgary. It's located

downtown a few blocks from the LRT line and the Calgary Tower...only a ten-minute drive or 35-minute train trip from our community.

Canadian Blood Services is running the blood.ca/450 challenge. To keep pace with patient need across the country they need 450 new donors a day to join Canada's Lifeline. Every 60 seconds, someone in Canada needs blood products. To take the next step towards your first donation, you can check out <https://myaccount.blood.ca/en/eligibility-quiz>.

Speaking of travelling downtown, I also wanted to highlight cycling infrastructure in Glendale that we are lucky to have. Glendale has many bike commuters and cycling enthusiasts! What is your favourite route?

The same trip above is 30 minutes by bike - faster than driving! In Glendale, we are lucky to be bordered by cycling infrastructure. The route downtown is almost entirely protected from traffic, which is an amazing safety benefit for cyclists. There is the sidewalk grade pathway on the north side of 17 leading to the separated residential street paralleling Bow Trail and then on to the Bow River pathway.

We are bordered in the west by the Rotary/Mattamy Greenway, which connects to 138 km of off-street pathways around the city. 26 Avenue is an on-street dedicated bike lane, and the recent Mainstreets rejuvenation of 37 Street added off-street pathway pavement on the east side of the street between 17 Avenue and Richmond Road.

Finally, a special shout out to Myles, our GGMCA President who made sure we had a bike rack installed at the Hall so we all have a safe space to lock when enjoying events at the heart of our neighbourhood.

Laura Nixon

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Elegance Defined: The Townsend's Solitaire

by Catherine Warwick

Down by the river in Sandy Beach there lives a couple of Townsend's Solitaire. The Solitaire belongs to the Thrush family and so it's no surprise that it looks very similar to a Robin. Same size, same grey body, good posture, and big black eyes. It is just missing the big red belly, an easy give away. If you take a closer look, you will also see that the Solitaire's eyes have an elegant white ring around them.

These Sandy Beach residents must have found a good patch of Juniper Berries and set up shop around them. The Solitaire loves Juniper Berries, especially in the winter. According to *All About Birds* a Solitaire will eat between 42,000 to 84,000 berries a winter. I'm not sure how they came up with those numbers but at the very least we know it's a heck of a lot of Juniper berries! They very aggressively defend their berries from all other birds, including Robins and other Solitaires. Part of their defense is singing their beautiful song. I'm not sure if the ones in Sandy Beach have little competition or what but, unhappily, they are very quiet. This is too bad because the Townsend's Solitaire has one of the most beautiful bird songs around. If you tried to bring to mind a beautiful bird song, it would probably sound like this bird. It's a lot like the Robin's but more complex and varied. Maybe if I started conspicuously eating their Juniper Berries they would start singing. It would be worth the bitter taste to hear them.

The 'Solitaire' in its name refers to its solitary nature. It's not sharing those Junipers with a flock of other birds. They prefer to stick it out alone or in a pair. When they nest it is usually in a sheltered hollow on a cliff side. The female bird will use pine needles to build the nest and then line it with grasses and bark, making it soft for the three to five babies she will have. According to the internet, the babies are speckled and rather cute. Of course, I've never seen a nest or a Townsend Solitaire chick with my own eyes, it's hard enough to see the adults!

So take a walk down in Sandy Beach, on the west side of the bridge in the trees, to find them and add them to your life list. They like to perch at the top of trees, where they can better protect their Juniper crop.



The Townsend's Solitaire has a sleeker, more sophisticated appearance than the Robin. Look at that careful white eyeliner and those tasteful wing stripes. Don't let its dapper appearance fool you; however, it's ready to fight for those Juniper Berries! Photo from Wikimedia commons, no restrictions.

Say Cheese! It's Grilled Cheese Month!



April is celebrated as Grilled Cheese Month, a perfect time to indulge in a gooey and perfectly toasted sandwich. Why not honour this tasty tradition with your favourite cheesy creation all month long?

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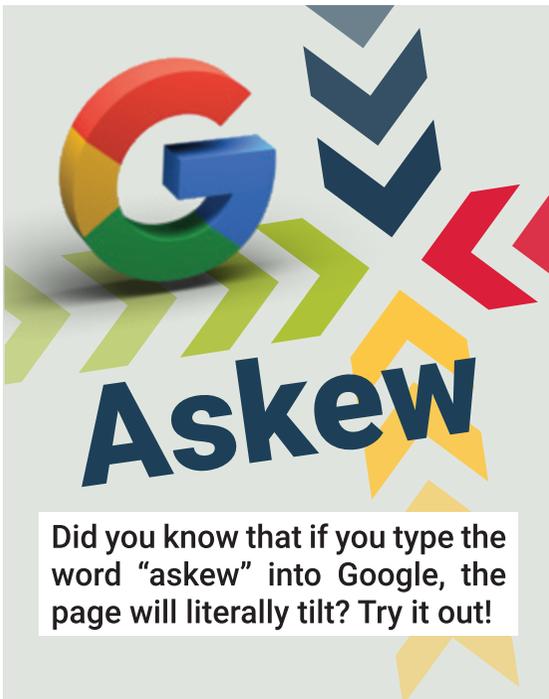
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